

Name _____

The Vitamin Voyage: Exploring the Tiny Nutrients with Big Impact

Open-Ended Response Questions

1. How do vitamins differ from other nutrients like carbohydrates and proteins?
2. Can you name one food source of vitamin D?
3. Why is it important to eat a variety of foods to get all the vitamins we need?
4. What might happen if we don't get enough vitamins in our diets?

